

DINNERLY



Feed A Crowd: Beef Sloppy Joes

Same Meal Price, More Servings!



35 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 200g cabbage
- 1 zucchini
- 2 carrots
- beef mince
- 20g smoky barbecue seasoning¹⁷
- 2 x 2 white bread rolls¹⁶

WHAT YOU NEED

- 2 garlic cloves
- 1 tsp olive oil
- 2 tbs barbecue sauce
- 2 tbs mayonnaise³
- 1 tbs white vinegar

TOOLS

- mandoline (optional)
- julienne peeler or box grater
- large deep frypan
- oven tray

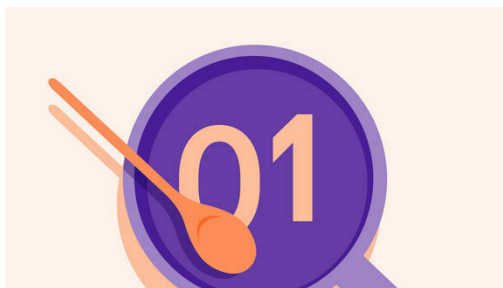
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sulphites (17).
May contain traces of other allergens.

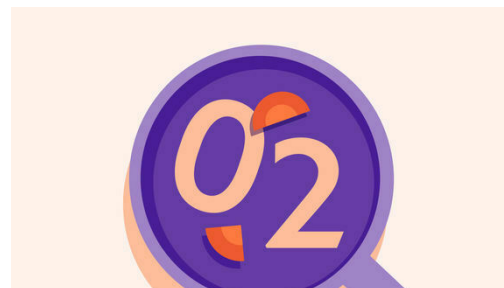
NUTRITION PER SERVING

Energy 530kcal, Fat 23.4g, Carbs 49.6g,
Proteins 26.4g



1. Prep ingredients

Preheat the oven to 180C. Thinly slice the **cabbage** with a sharp knife or mandoline. Finely chop the **zucchini**. Crush or finely chop **2 garlic cloves**. Peel the **carrots**, then shred using a julienne peeler or coarsely grate with a box grater.



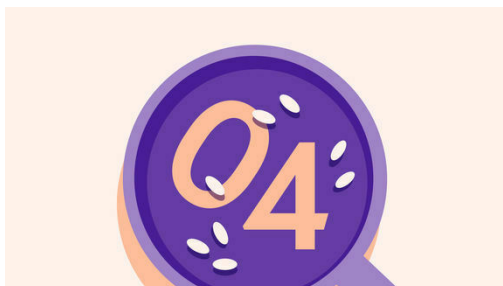
2. Brown beef

Heat **1 tsp olive oil** in a large deep frypan over medium heat. Cook the **beef mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **zucchini, garlic** and **half the carrot** and cook, stirring, for 3 mins or until starting to soften.



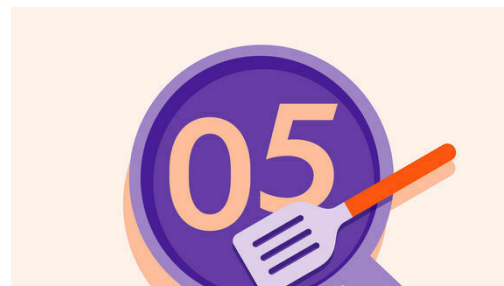
3. Simmer filling

Add the **barbecue seasoning, 1 tbs barbecue sauce** and **125ml (½ cup) water** to the mince mixture and stir to combine. Bring to the boil, then reduce the heat to medium and cook, stirring occasionally, for 10 mins or until slightly thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat.



4. Toast rolls and make slaw

Meanwhile, cut the **bread rolls** in half. Put on an oven tray, cut side up, and bake for 6-8 mins until lightly toasted. Put **2 tbs mayonnaise** and **1 tbs white vinegar** in a large bowl, season with **salt and pepper** and stir to combine. Add the **cabbage** and **remaining carrot** and toss to coat.



5. Serve up

Fill the **bread rolls** with the **mince mixture** and **slaw**, then drizzle with **1 tbs barbecue sauce**. Serve with any **remaining slaw** and enjoy!



6. Feed A Crowd

Like fries with that? Sloppy joes are great with potatoes on the side. Roast some whole in the oven or cut into fries, season with your favourite spices and bake until golden and tender.